

Health@Care HEALTHY CHALLENGE TRACKING CHART

Starting weight: _____ Starting measurements: _____

Give yourself a point for each Healthy Habit and each Fitness Challenge each day. Weigh and measure once a week.

Week # _____ Date: _____ Weight: _____ Measurements: _____

HH Healthy Habit	Fit Fitness Challenge	Mon		Tue		Wed		Thu		Fri		Sat		Sun	
		HH	Fit	HH	Fit	HH	Fit	HH	Fit	HH	Fit	HH	Fit	HH	Fit
Total # of Healthy Habits for the week:	Total Fitness points for the week:														

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Total # of Healthy Habits for the week:	Total Fitness points for the week:														

4 Healthy Habits: keep track of how many of these things you do every single day

- #1: Eat every 4 hours (Don't skip meals!)
- #2: Don't eat processed foods (no high fructose corn syrup, cut back on sugar substitutes, cut out foods that begin with "enriched," cut out ingredients that include anything "hydrogenated,"...)
- #3: Don't eat after 8 pm (or three hours before bed, whatever time that may be for you)
- #4: Drink more water

Exercise: Do at least 30 minutes of exercise 3-5 days per week. All you have to do is keep track.